

ASHT Hand Therapy Review Course

September 19-21, 2025, Curtis National Hand Center
Baltimore, MD

Preliminary Program – Subject to Change

Friday, September 19th

Foundational Science of the Upper Extremity: An Anatomy and Kinesiology Review

Session Description:

A working knowledge of the anatomy and kinesiology of the upper extremity provides a solid foundation for therapeutic evaluation and intervention. Using classroom-lecture style, this pre-course will review the anatomy and biomechanics of each joint and examine the brachial plexus and innervation patterns of the arm and hand.

Friday, September 19th

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 8:15 am	Introductions	TBD
8:15 – 9:45 am	Brachial Plexus and Innervation of the Upper Extremity	TBD
9:45 – 10:45 am	Peripheral Nerve Injuries	TBD
10:45 -11:00 am	Break	
11:00 am – 12:30 pm	Anatomy and Kinesiology of the Hand	TBD
12:30 – 1:10 pm	Lunch	
1:10 – 2:40 pm	Anatomy and Kinesiology of the Forearm and Wrist	TBD
2:40 - 3:10 pm	Principles of Soft Tissue Healing	TBD
3:10 – 3:25 pm	Break	
3:25 – 5:30 pm	Guided Cadaver Dissection and Review of Anatomy	TBD

Saturday, September 20th and Sunday, September 21st

Comprehensive Survey of Hand Therapy Review Course

Session Description:

This course is designed to provide a comprehensive review of the evaluation and intervention processes pursued for typical diagnoses in upper extremity rehabilitation. Advanced clinicians will describe fundamental concepts, clinical reasoning, and evidence to provide a multi-faceted approach to the hand therapy process. Adjunctive methods for intervention will be analyzed to facilitate outcomes and expert panels will be offered throughout the weekend to allow a high level of attendee-faculty interaction via case discussion. Each attendee will have a total of 30 minutes in the cadaver lab either Saturday or Sunday. Groups will spend time reviewing each of the two prosections and answering study questions with an instructor (one instructor per prosection).

Saturday, September 20th

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 9:30 am	Anatomy and Kinesiology of the Elbow and Shoulder	TBD
9:30 – 10:30 am	Shoulder Diagnosis and Treatment	TBD
10:30-10:45 am	Break	
10:45 -11:45 am	Elbow Diagnosis and Treatment	TBD
11:45 am – 1:15 pm	Lunch / Rotating Cadaver Lab*	TBD
1:15 – 2:15 pm	Wrist Biomechanics and Instabilities	TBD
2:15 – 2:45 pm	Ulnar Sided Wrist Pain and Salvage Procedures	TBD
2:45 – 3:00 pm	Break	
3:00 - 4:00 pm	Evaluation of the UE	TBD
4:00 – 5:00 pm	The use of Physical Agent Modalities in Hand Therapy	TBD
5:00 – 5:30 pm	Questions and Answers	TBD

*Each attendee will have a total of 30 minutes in the cadaver lab either on Saturday or Sunday

Sunday, September 21st

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 8:30 am	Dupuytren's, Infections and other Common Conditions Treated by the Hand Therapist	TBD
8:30 – 9:30 am	Flexor Tendon Rehabilitation	TBD
9:30 - 10:30 am	Extensor Tendon Rehabilitation	TBD
10:30 - 10:45 am	Break	TBD
10:45 - 11:45 am	Ligamentous Injuries of the Hand and Tendinopathies	TBD
11:45 am – 1:15 pm	Lunch/Rotating Cadaver Lab	TBD
1:15 – 2:15 pm	Wrist and Hand Fractures	TBD
2:15 - 3:15 pm	Arthritis and Reconstructive Procedures	TBD
3:15 – 3:30 pm	Break	
3:30 - 4:30 pm	Tendon/Nerve Transfers	TBD
4:30 - 5:30 pm	Management of Traumatic Hand Injuries	TBD

*Each attendee will have a total of 30 minutes in the cadaver lab either on Saturday or Sunday

Behavioral Objectives

At the end of this activity, participants will be able to:

- Create a personal learning plan to address at least three areas of personal weakness in their own practice of hand therapy.
- Explain the three key factors of the relationship between bony anatomy and joint stability for a patient with a “terrible triad” injury to the elbow.
- Explain at least one diagnosis and its biomechanical contributors that could lead to swan neck deformity of a finger.
- Discuss the potential risk of SLAC, given two case scenarios of specific non-healing scaphoid fractures.
- Explain the relationship of capsuloligamentous integrity of the glenohumeral joint to shoulder stability.
- Design a treatment plan for a patient with a mutilating trauma of the hand.
- Compare the effects of three modes of heat transmission on upper extremity tissue extensibility.

- Identify the effects of continuous ultrasound on tendon adherence in a patient with a flexor tendon repair.
- Design a desensitization program for a patient with hypersensitivity after digit tip amputation.
- Revise a protocol for a patient with a metacarpal fracture with a complication of a concurrent extensor tendon adhesion.
- Design an appropriate post-operative plan of care for a patient post thumb CMC arthroplasty.
- Interpret the results of three special tests for subacromial impingement.

Disclosure Statement

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Attendees will be made aware of any affiliation or relevant financial interest that may affect the development, management, presentation or evaluation of the CE activity and will be printed in the final program and projected in slide format before each presentation. Individuals who refuse to disclose relevant financial relationships will be disqualified from being a contributor, and cannot have control of, or responsibility for, the development, management, presentation or evaluation of the CE activity.

Continuing Education Units (Occupational Therapists)

ASHT is an approved provider of continuing education by the American Occupational Therapy Association (AOTA). The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by the AOTA. This continuing education activity offers a maximum of 23.5 contact hours, or 2.35 CEUS.

Athletic Trainers

The American Society of Hand Therapists is recognized by the Board of Certification, Inc. to offer continuing education for certified athletic trainers.